



**Be Healthy.
Be Well.**



Community Wellness Programs

Free programs provided by SampsonRMC, The Center for Health + Wellness, and other community partners.

EDUCATION AND SUPPORT

Diabetes Self-Management Education

A comprehensive program with a team of specialists to help you learn to better manage your diabetes. Sampson County Health Department oversees the **FREE** Diabetes Self-Management Education program, which includes individual counseling, a two-part group class and quarterly follow-up, and an annual refresher class. Please call 910.592.1131, ext. 4249 for more information.

Diabetes Support

Sugar Buddies meets monthly, the 1st Tuesday at 5:30 pm. Meet others facing similar challenges. Join us for engaging conversations about diabetes topics of interest.

WOMEN'S HEALTH

Breast Cancer Support Group

Meets monthly, the 3rd Monday at 11:00 am. You are not alone; join others on the same journey.

Childbirth Education

The Childbirth class provides information regarding birth plans, labor and delivery, postpartum and newborn care. Recommended for women after their 30th week of pregnancy. For more information please call 910.592.8511, ext. 8888.

SENIOR HEALTH

Senior +

Meets monthly, the 4th Wednesday. Senior+ is a resource for those 60+ that provides knowledge and support to encourage healthy and active lifestyles for seniors.

All programs are **FREE** and held at The Center for Health + Wellness, unless otherwise stated. For more information, please call **SampsonRMC's Community Wellness Coordinator at 910.596.5406.**

COMMUNITY EXERCISE

Falls Prevention

Mondays, 11:30-12 noon
Important skills for you to practice and know!

Sit and Be Fit

Tuesdays and Thursdays, 11-11:30 am
Strengthen your body without having to stand.

Bellamy Center Chair Yoga

Facility fee of 50 cents
Thursdays, 2-3 pm
This chair class soothes your soul and strengthens your body. This class is held at the Bellamy Center.

Walk-n-Talk

Monday thru Friday, 6:30-7:30 am
Monday thru Friday, 12-1 pm
Wednesday, Thursday, Friday, 6:30-7:30 pm
Walk free on TCHW indoor track!

Line Dancing

Mondays, 7:30-8:30 pm
Free class, with donations gladly accepted for SampsonRMC Foundation.

your health
Our Passion